



Session II

LOOK OUT FOR INFECTIONS!!!

This session introduces attendees to the basics of preventing infectious disease. The session leader will describe:

1. How the body protects itself against germs-Skin & Immunity
2. How infections are spread-modes
3. Categories of Infections: The "Catch Factors"
 - A)Respiratory- Flu to Tuberculosis
 - B)Skin- Pimples to Boils (MRSA)
 - C)Sexually Spread Infections
 - D)Blood Contact infections-Hepatitis Viruses B&C
4. Prevention of Infections- PERSONAL RESPONSIBILITY
 - a) Hand wash
 - b) Personal hygiene-body, clothes, living space
 - c) Barrier methods for sexual activity
 - d) Cough not on others

At the end of this session the participants will:

1. Increase understanding of personal actions to halt infection spread
2. Describe methods to prevent the transmission of a sexual infection
3. Understand the need to complete all antibiotic treatment



Look Out for Infections Quiz

1. Name 2 ways you can spread infection.
2. Name 2 ways you can stop the spread of infections
3. Name 1 way to prevent the spread of a sexual infection
4. Antibiotics medicine kills germs and you should only take the pills until you feel better True False
5. Touching infected objects can give you an infection if your skin is broken open True False

Name_____Date_____



Staying Well.....

This class will talk about taking charge of your own health. Learn about staying well even with health conditions that are lasting.

Where-Place_____

When-Day_____Date_____Time_____



Session III

Staying Well...

This session introduces attendees to the idea that chronic illnesses can be managed and individuals can be well. The session leader will describe:

1. Brief overview-
 - A) Respiratory conditions- Asthma & COPD
 - B) Diabetes II
 - C) Hypertension and Heart Disease
2. Discuss the importance of Diet and Exercise to control symptoms
3. Discuss medication management

At the end of this session the participants will:

1. Increase understanding of the illness processes of Asthma/COPD, Diabetes II, Hypertension
2. Describe personal approaches to reduce "bad" days and increase "good" days



Staying Well.....Quiz

1. A the symptoms of a chronic illness can be controlled True
False

2.Name 2 ways to manage your blood sugar

3. Name 2 ways to lower your blood pressure

4. Name 3 foods that can raise your cholesterol

5. Name 1 way to help you breathe better

Name _____ Date _____



Getting Health Help

Learn about the making wise heath care choices. Getting health care just doesn't happen, you need to take charge of finding what you need.

Where-Place_____

When-Day_____Date_____Time_____



Session IV

Getting Health Help

This session provides the attendees information about health resources. Although presently without "free world" access, it is important to increase understanding of the health care system.

The session leader will:

1. Describe the functions of health care sources- generalist community practice-specialists-emergency rooms
2. Discuss communication skills when talking with a provider
3. Present information on health care coverage plans
4. Provide information on the importance of Advanced Directives

At the end of this session the participants will:

1. Increase understanding of the range of health care sources
2. Increase understanding of appropriate use of resources
3. Increase skills in communicating health concerns with providers
4. Increase understanding of individual responsibility in seeking/using health care



Getting Health Help Quiz

1. Name a problem that would make you need to use an emergency room.
2. Name a problem that would be cared for by a family doctor
3. When you have an appointment with a provider you should write down your health questions beforehand True or False
4. Generic drugs are as good as brand name drugs
True or False
5. You can get health care in community free clinics
True or False

Name_____Date_____